



Kitzan Family Farms
18293 Sheep Corner Road
Nisland, SD 57762
605-430-8052 Gwen's Cell



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Greek Seasoning

1 part Dry Onion
2 part Dry Garlic – NOT Garlic SALT
12 part Oregano
4 part Basil
2 part Salt
1 part Pepper
1 part Thyme
2 part Cinnamon
4 part Sugar
1 part Ground Rosemary

Lamb Seasoning

1 part Ground Rosemary
4 part Dry Garlic
2 part Tyme
2 part Dry Onion
1 part Pepper
2 part Salt

Greek Pasta Bake

1 pound Kitzan Family Farms Ground Lamb
1 can (15 oz) Tomato Sauce
1 can (14 ½ oz) Diced Tomatoes, undrained
1 Tablespoon of Kitzan Family Farms Greek Seasoning
2 cups uncooked rigatoni or large tube pasta
4 ounces feta cheese, crumbled

In a large skillet, cook Kitzan Family Farms lamb burger until no longer pink, drain. Add KFF Greek Seasoning, tomatoes sauce, and tomatoes. Bring to a boil. Reduce heat and simmer, uncovered. Meanwhile, cook the pasta according to package and drain. Stir in Lamb Mixture. Transfer to a greased 2 qt baking dish. Sprinkle with feta cheese.

Cover and bake at 325 for 45 minutes. Uncover, bake 15 minutes longer.

Crock Pot. Brown Lamb and add tomatoes, seasoning, uncooked pasta. Mix well and add feta cheese. Low for 8 hours or high for 4 hours.

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Breast of Lamb Baked with Onions Adapted from BBC Foods

2-3 packages of Kitzan Family Farms Lamb Breast (Flap)
rolled. Tied with kitchen string or secure with a toothpick.
2 Large Onions
Salt, Pepper, Olive Oil

Preheat the oven to 300 F.

Season the lamb with Salt and pepper. Heat the olive oil in a large oven proof frying style pan. ***I like cast Iron.*** Brown the lamb on all sides. Remove the lamb. Add half of the onions, making a bed of onions and add the lamb back into the pan. Cover with remaining onions.

Add a **TIGHT** lid and bake for about 45 minutes. Check to make sure the lamb is not drying out. Remove the lamb and serve with the caramelized onions. Makes 4 servings.

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Kitzan Family Farms Braised Lamb Ribs

1 lamb ribs, about 2-3 pounds
2 cups dried apricots
2 medium onions, thinly sliced
Olive Oil, Salt and Pepper

Directions

Heat a skillet over medium heat and add the oil. Sauté the onions until they're softened, about 5 minutes. Remove from heat. Cover the bottom of your baking pan with the sautéed onions and the apricots. Nestle the rack of ribs into the onions and apricots. Pour in enough water so that the ribs are 1/3 of the way submerged, about 2 cups. Cover the pan with foil.

Preheat the oven to 275°F. Braise the ribs in the oven until very tender, about 3 hours. Uncover the pan and turn the heat to 375°F. Continue braising until the fat on the surface is browned and the onions are very brown, about 30 minutes longer. Pour off the rendered lamb fat, Serve hot or warm



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LAMB SHANKS

Servers 4

2 Package of two Kitzan Family Farms Lamb shanks
1 Large Onion Diced
4 -6 garlic cloves Chopped
2 cups of beef broth
1 14 oz can of diced tomatoes with celery & Peppers)
Olive Oil, Salt and Pepper

Season the lamb shanks with Salt and pepper. Heat the olive oil in an oven proof kettle (I like Cast Iron). Sauté the onions and garlic until golden brown. Remove from the kettle. Brown the lamb shanks, one at a time. Return all the shanks, onions and garlic to the kettle. Add beef broth and tomatoes.

Bake at 350 2-3 hours.

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Kitzan Family Farms Gyro's

Make 6 servings

1 pound of Kitzan Family Farms Lamb Burger
1 Tablespoon of Kitzan Family Farms Greek Seasoning

Mix the Lamb Burger and KFF Greek seasoning. Let rest of 10-15 minutes. Shaped into 6 THIN patties.

Cook 4-6 minutes on a George Forman style grill OR shape like a meatloaf and bake 350 for 20 minutes (DEPENDING on size of loaf) slice thin. ENJOY!

Serve with Pita or flat bread, Tzatziki sauce, Lettuce and tomatoes

Tzatziki Sauce:

8 ounces plain yogurt
1 medium cucumber, peeled, finely chopped, drain
Pinch kosher salt
2 cloves garlic, finely minced
5 to 6 mint leaves, finely minced or 1 T dried mint leaves



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Kitzan Family Farm Lamb Kabobs Makes 6 servings

- 1 pound of Kitzan Family Farms Lamb Cube Meat
- 1 Tablespoon of KFF Lamb Seasoning
- 1 Tablespoon Olive Oil

Combine in a zip lock bag, Lamb, Seasoning and Olive Oil. Marinate for at least 15 minutes.

Alternate on a skewer with potatoes (microwave just till just done), onions, peppers and tomatoes. Grill 4-5 minutes on each side. Enjoy!



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Kitzan Family Farms Leg of Lamb

- 1 Bone in or De-Boned KFF Leg of Lamb
- 2 Tablespoons of Kitzan Family Farms Lamb Seasoning
- 1 Cup Mayonnaise

Mix Lamb Seasoning and Mayo together. Place the leg of lamb on foil and cover on all sides of leg of lamb with the mayo seasoning. Cover tightly with additional foil.

Bake in the oven at 350 until internal temperature is 150. Uncover to brown and finishing cooking until the internal temp is 160 degrees of a median roast or 170 for a well done roast.